

Italian Garden Salsa with Crunchy Chicken Tenders

Rating: ★★★★★

Makes: 4 Servings

"This lunch is brimming with the flavors of an Italian vegetable garden and is very nutritious. We love Italian food and the salsa is something we can make with vegetables from our garden," says Samantha. "It's very tasty with chicken combined with the crunchy coating." Her lunch also includes a 1/2 cup of strawberries, 1 ounce of whole-grain flatbread crackers, and an 8-ounce glass of fat-free milk.

Ingredients

For the Italian garden salsa:

2 cups diced ripe plum tomatoes

1/2 cup diced green bell pepper

1/2 cup diced Vidalia onion

1/4 cup diced celery

1 tablespoon minced garlic

1/8 teaspoon dried rosemary

1/8 teaspoon dried thyme

1/4 cup chopped fresh parsley leaves

1/2 cup chopped fresh basil leaves

For the chicken tenders:

3/4 cup plain panko bread crumbs

1 1/2 teaspoons dried basil

1 teaspoon garlic powder

1 teaspoon dried parsley

2 tablespoons freshly grated Parmesan

2 large egg whites

2 tablespoons fat-free milk

1 pound skinless chicken, about 8 to 10 pieces

1 tablespoon olive oil



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	301	
Total Fat	14 g	22%
Protein	15 g	
Carbohydrates	28 g	9%
Dietary Fiber	3 g	12%
Saturated Fat	3 g	15%
Sodium	556 mg	23%

MyPlate Food Groups

Vegetables	1 cup
Grains	1 ounce
Protein Foods	3 1/2 ounces

Directions

Make the Italian garden salsa:

1. In a small saucepan over low heat, combine the tomatoes, peppers, onion, celery, garlic, rosemary, and thyme and cook, stirring occasionally, for 5 minutes.
2. Add the basil and parsley and continue to cook, stirring occasionally, for 1 minute.

Make the chicken tenders:

1. Preheat the oven to 400°F. Spray a dark baking sheet with cooking spray.
2. In a small bowl, stir together the bread crumbs, 1 teaspoon basil, garlic powder, parsley, and Parmesan.
3. In a second small bowl, beat the egg whites, milk, and remaining ½ teaspoon basil.
4. Working with 1 piece at a time, dip the chicken tenders into the egg mixture, making sure to coat both sides. Dip one side of the chicken tender into the bread crumb mixture, then flip it over to coat the other side. Dip the chicken tender back in the egg mixture and then back in the bread crumb mixture so it has two coats of each.
5. Place the coated chicken tenders on the prepared baking sheet and repeat with the remaining chicken, egg mixture, and bread crumb mixture.
6. Drizzle olive oil over the chicken and bake for 10 minutes. Flip the chicken tenders over, drizzle with more olive oil, and bake until golden brown, about 10 minutes.
7. Serve with salsa.

Notes

State: Rhode Island

Child's Name: Samantha Mastrati, 12

Makes 4 to 6 servings

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook